

Exams	EUA	Classroom	Practical	Application	Assesment/Revision/Recall	Practical Theory	**Practical lesson available		
Wk No	Sc WK	Exam PE Year 10 (2025-25) Calendar - Theory						Assessment Opportunities	Resources
		RAG	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5		
1	1		Recall and revision from Y10 and Y9/NEA Completion					S410	
2	2								
3	1		Recall from Y10/Cover Psychology missed work/ NEA Completion		Engagement Patterns - 9 markers		Commercialisation	S410	
4	2								
5	1		Sponsorship	The Media	Technology	Advantages and disadvantages of PEDs and Blood Doping on performers		S410	
6	2								
7	1		Conduct of performers	Hooliganism	Revision for EUA		EUA	Reasons for participation Fitness,	S410
8	2								
October half term									
9	1				Obesity and Somatotypes	Application of Obesity and Somatotypes to performers	Energy use	S410	
10	2		DIRT	Sedentary lifestyle					
11	1		Carbohydrates, fats, protein, vitamins and minerals		Application of a Balanced diet on performance	Data Qualtitative and Quantitative and Presenting Data	Analyses and evaluation of Data	S410	
12	2		Hydration						
13	1		Revision and Recall for Mocks					S410	
14	2								
15	1								
CHRISTMAS									
16	2		NEA IMPROVEMENT					Final submission and teacher marking	
17	1								
18	2								
19	1								
20	2		Identify and Explain	Discuss	Evaluate	Analyse	Justify	S410	
21	1								
FEB Half term									
22	2		9 Markers		Redistribution of Blood	Mechanics of breathing	Skeletal	S410	
23	1								
24	2		Muscular system	Respiratory system	Movement at synovial joints	Planes and Axes + Levers	Spirometer trace	S410	
25	1								
26	2		EPOC	Recovery from vigorous exercise	Fitness testing	Fitness testing	Application of components of fitness	S410	
27	1								

28	2		Evaluate components of fitness	Application of Methods of training	Evaluation of Methods of training		S410			
EASTER										
29	1									
30	2		Teacher Desgned Exam and Practical Technique and preparation - using class data and assessments plus TEL infographics to inform revision				S410			
31	1									
32	2									S410
MAY Half term										
33	1		Exams!!!							
34	2									
35	1									
36	2									
37	1									
38	2									
39	1									

Wk No	Sc Week	TEL Topic
1	1	Engagement Patterns
2	2	Commercialisation
3	1	Types of sponsorship and Media
4	2	Impact of sponsorship and media
5	1	Impact of technology
6	2	Conduct of performers
7	1	Contract to compete
8	2	Anabolic steroids
October Half term		Beta Blockers and Diuretics
9	1	Blood Doping
10	2	Advantages and Disadvantages of PEDs
11	1	Health and Wellbeing
12	2	Reasons for participation
13	1	Sedentary Lifestyles
14	2	Obesity
15	1	Somatotype
Christmas break		Energy Use
		Reason for a balanced Diet
16	2	Roles of carbs, fats, proteins, vit and mins
17	1	Hydration
18	2	Check point 1
19	1	Check point 2
20	2	Check point 3
21	1	Check point 4
February Half term		Check point 5
22	2	Check point 6
23	1	Check point 7
24	2	Check point 8
25	1	Check point 9
26	2	Check point 10
Easter break		Check point 11
		Check point 12
27	1	Check point 13
28	2	Exams
29	1	
30	2	
31	1	
32	2	
May Half term		Revision
33	1	
34	2	

35	1	Exams
36	2	
37	1	
38	2	
39	1	